



## National Park Service Celebrates National Trails Day with Events Nationwide

### *"Take the Path to a Healthier You"*

Every year on the first Saturday in June, over one million hikers, bikers, equestrians, and other trail users flock to their favorite trails to discover, celebrate, and learn about trails as part of National Trails Day. This year, the Rivers, Trails, & Conservation Assistance Program of the National Park Service (NPS) will participate in numerous National Trails Day events nationwide. The Rivers, Trails, and Conservation Assistance Program, also known as the Rivers & Trails Program or RTCA, is a community resource of the National Park Service. RTCA staff provide technical assistance to community groups and local, State, and federal government agencies so they can conserve rivers, preserve open space, and develop trails and greenways.

Now in its thirteenth year, National Trails Day — the only national celebration of America's trails — consists of events including guided hikes, bike rides, volunteer trail clean up projects and other trail celebrations. This year's theme is "Take the Path to a Healthier You". Together, businesses, governments, organizations and individuals are putting on events aimed at highlighting the health benefits of getting outside and enjoying the country's trails and encouraging families to shape up for summer by hitting the trail together.

The National Park Service will celebrate over 50 National Trails Day events. The Rivers, Trails and Conservation Assistance Program will assist with community events in Alaska, Connecticut, Maine, Massachusetts, Minnesota, New Jersey, New Mexico, New York, Ohio, Oregon, Pennsylvania, Utah, Vermont, and Washington. Events will include new trail dedications, workshops, educational exhibits, equestrian and mountain bike rides, water trail paddling, trail restoration and maintenance, and guided hikes on America's favorite trails.

RTCA staff will celebrate National Trails Day with communities across the country. Events include:

- **Alaska (Anchorage):** A joint effort with the Bureau of Land Management (and involvement by the Municipality of Anchorage and Single Track advocates) to provide trail education and awareness and erosion control/trail improvement work on the Upper Rover Run Trail. *Contact: Lisa Holzapfel*
- **Alaska (Bethel):** An ATV trail hardening demonstration and Tread Lightly! training focusing on safety education. This will help bring education and awareness to ATV users who use the trails for transportation and will provide an opportunity to discuss plans to clearly mark the trails to avoid damage. *Contact: Lisa Holzapfel*
- **Alaska (Juneau):** A celebration of the Perseverance Trail's designation as a National Recreation Trail and dedication of an upper portion of the trail. The event will also celebrate Alice Rarig's recognition as the Western Region Trails' Volunteer of the Year. Other activities will include guided hikes of the historic area. *Contact: Lisa Holzapfel*
- **Connecticut (Madison, Guilford, Branford and East Haven):** An event on the Shoreline Greenway Trail: Walkers and cyclists will travel the length of the 26-mile trail corridor and converge for a picnic and celebration of the recently-completed trail in Branford. *Contact: John Monroe*
- **Connecticut (Stamford):** A Mianus River Park Trail Work Day, where volunteers will improve drainage on an existing trail, close a badly eroded bootleg trail, remove invasive vegetation, and enjoy a picnic. *Contact: John Monroe*

- **Maine (North Yarmouth):** A trail work day at the Old Town House Park, sponsored by the North Yarmouth Recreation Commission. Volunteers may help with surfacing a trail section, installing signs, building benches and bridges, and cleaning up an old farm dump. *Contact: Burnham Martin*
- **Maine (Norway and South Paris):** An opportunity for volunteers to participate in trail clean-ups and sign installation on one or two in-town walking trails (depending on the number of participants). The event is sponsored by Healthy Oxford Hills, which is improving trails to encourage people to walk for exercise. *Contact: Burnham Martin*
- **Maine (Scarborough):** A celebration of the Libby River Farm Preserve and Lucy Sprague Memorial Trail, where new signs and a watershed poster will be unveiled. Participants are invited to join bird walks and children's activities. *Contact: Julie Isbill*
- **Massachusetts (Andover):** A celebration and installation of the Mary French Bench, a memorial bench on the Bay Circuit Trail dedicated to Mary French, former Andover Selectperson. The event will also dedicate a newly completed fully accessible section of the trail. *Contact: Steve Golden*
- **Minnesota (Chisago City):** A Swedish Immigrant Trail Celebration: Chisago City and the Chisago County Parks & Trails Foundation will celebrate the first segment of the Swedish Immigrant Trail to be opened to the public. Festivities will include: a children's poster contest, a bike/walk on the 1.5-mile trail, biking and hiking displays, the unveiling of new trail logo signs, food, and door prizes. The Swedish Immigrant Trail will eventually be a 20-mile, multi-use, paved trail from Taylors Falls to Wyoming, Minnesota. *Contact: Holly Larson*
- **Minnesota (Lake Elmo):** A Washington County family festival and walk showcasing area parks and trail systems, including the St. Croix River corridor. *Contact: Randy Thoreson*
- **New Mexico (Santa Fe):** A Santa Fe Trails Day celebration at the railyard, with a variety of walks and rides to and from Santa Fe's trail hub. Participants can walk, bike or ride horseback on the rail-trail and return on the historic excursion train. *Contact: Alan Ragins*
- **New York (Haines Falls and Catskill):** A kickoff of the Hudson River School Art Trail (hosted by the Mountaintop Historical Society and Cedar Grove, the Thomas Cole National Historic Site). Day 1 will feature a lecture, photography exhibit, book premier/signing of the "Catskill Mountain House Trail Guide," and guided walks. Day 2 will feature the Art Trail dedication ceremony, official release of the Art Trail brochure, art displays, and guided excursions to Art Trail sites. *Contact: Karl Beard*
- **New York (Hyde Park):** A walk (with the Hyde Park Trail Committee and the Hyde Park Route 9 Corridor Committee) on new & planned sections of the Hyde Park Trail and Hyde Park's central corridor, featuring parks, trails, walking for health, and efforts to create a walkable community. The walk will conclude at a local restaurant. *Contact: Karl Beard*
- **New York (Queens, New York City):** A two-part event for the Cunningham Park Southeast Preserve trail restoration project. On Day 1, Boy Scout troops will plant trees and clear debris; Day 2 will be the official kick-off followed by a guided trail walk. *Contact: Joanne Dittersdorf*
- **New York, New Jersey, & Pennsylvania:** A week-long paddling event that will begin on the East Branch of the Delaware River in New York and continue south more than 240 miles to the falls at Trenton, New Jersey. The theme for this year's Delaware River Sojourn is "Introducing the Delaware River Water Trail." The multi-day, multi-state trip will feature musical and educational programs, and a new scholarship to help defray expenses for first-time paddlers. Sojourners will have the opportunity to review and discuss some of the trail products such as updated river recreation maps, the water trail guide, and water trail plan recommendations to comprehensively consider recreational issues on the non-tidal Delaware. *Contact: Julie Bell*

- **Ohio (Knox County):** A dedication of the Discover Ohio Water Trails Program's first state water trail along the Kokosing River. *Contact: Paul Labovitz*
- **Oregon (Clatsop County):** A Community Trail Crew sponsored by the Warrenton Trails Association will help construct a section of the Fort to Sea Trail, a trail replicating Lewis and Clark's route from Fort Clatsop to the Pacific Ocean, on behalf of the Lewis & Clark National & State Historical Parks. *Contact: Alexandra Stone*
- **Oregon (Gold Hill):** A third annual celebration of National Trails Day featuring an open house with displays, hands-on activities, and guided trail walks. *Contact: Alexandra Stone*
- **Oregon (Salem):** A ribbon-cutting event and fun paddle on the newly created Willamette River Water Trail hosted by the Mid Willamette River Connections workgroup. Governor Kulongoski and Congresswoman Hooley will help kick-off the water trail at Wallace Marine Park with a short ceremony to be followed by a fun paddle down the River to Spong's Landing (approx. 6 miles). *Contact: Dan Miller*
- **Utah (Draper):** A Draper Trails Exploration to introduce the trails system to city residents. Activities include guided hikes, mountain biking, and equestrian rides on Draper's expanding trails system. *Contact: Bill Farrand*
- **Utah (Salt Lake City):** A reconstruction of Parley's Nature Park Trail, sponsored by Parley's Rails, Trails and Tunnels Coalition. This segment connects to a pedestrian and bicycle bridge over Interstate 215 (which will be constructed this fall). *Contact: Bill Farrand*
- **Vermont:** A number of trail events (14) throughout the Upper Valley, hosted by the Upper Valley Trail Alliance. *Contact: Lelia Mellen*
- **Washington (Tacoma):** A 'Rainier to Ruston' relay from the Carbon River entrance of Mount Rainier National Park to the Ruston Way waterfront, organized by the Foothills Trail Coalition to draw public attention to the benefits of trails. A public presentation will occur at the Ruston Way finish line where the ForeverGreen Council (a 'systems of parks' coalition) will read a proclamation declaring their intent to "...collaborate, coordinate, and accelerate efforts to develop a countywide system of trails to benefit all the citizens of Pierce County". *Contact: Bryan Bowden*
- **Washington (Toledo):** A National Trails Day Party at the Park, celebrating the city's adoption of the recently completed Pathways & Trails Plan and ribbon-cutting for the new park restrooms. The event will include speakers, a 5-mile bike ride and 0.5-mile walk, free bike helmets and water bottles, food, and displays featuring the Bigfoot Trail System and Toledo's history. *Contact: Alexandra Stone*

RTCA staff assist with approximately 300 projects each year and have worked in all 50 states. On average, our partners protect more than 700 miles of rivers, create over 1400 miles of trails, and conserve more than 63,700 acres of open space each year.

National Trails Day is organized by the American Hiking Society, a recreation-based conservation organization dedicated to establishing, protecting and maintaining America's foot trails. Additional support comes from federal agency supporters including the NPS, the Bureau of Land Management, U.S. Forest Service, U.S. Fish and Wildlife Service, the U.S. Department of Transportation's Federal Highway Administration, and the Centers for Disease Control and Prevention.

For more details on the RTCA Program and contact information, visit [www.nps.gov/rtea](http://www.nps.gov/rtea) or call (202) 354-6900. For more information about National Trails Day, visit [www.americanhiking.org](http://www.americanhiking.org) or call (301) 565-6704.